



Healthy Living Quiz



1. What **Vitamin** would you find most of, in an **Orange**?

2. **Carrots** can help you to see in the dark. **True or False**

3. Where can you get **Calcium** from? (here's a Clue – it's white)



4. What is this fruit?

5. How many fruit and vegetables should you eat in a day?

6. How much fruit or veg counts as one portion?

A. a cup full **B.** a bowl full **C.** a palm of your hand full

7. Is a **Tomato** a fruit or a vegetable?

8. **Onions** and **Garlic** can help keep colds away. **True or False**

9. Are **Breadfruits** and **Dragonfruits** real?

10. What colour is **Spinach**?

Healthy Living Quiz Answers

1. **Vitamin C**
 2. **True**
 3. **Milk**
 4. **Kiwi Fruit**
 5. **5 a day**
 6. **C. a palm of your hand full**
 7. **Fruit**
 8. **True**
- Food Fact**

The common **Onion** is said to help fight against anything from colds to diabetes and heart disease. It contains Anti-septic which can defend us against infection and Expectorant that can help clear our airways. An Onion is a great little defender and is packed full of flavour, but be careful when chopping it as it can make your eyes water!

Garlic is closely related to the Onion. It has a strong flavour and has been worshipped by ancient civilisations like the Egyptians. It is packed with nutrients such as Vitamin B, Minerals, Flavonoids and when crushed is a powerful antibiotic. It can help keep your heart healthy and lower cholesterol, ward off colds and zap bad bacteria.

9. **Yes**

Food Fact

Dragon fruit originally comes from Mexico, South and Central America. It is full of Vitamins especially Vitamin C and is rich in minerals such as Calcium.

Breadfruit is originally from the Western Pacific. When baked their taste is similar to that of a potato or freshly baked bread. You can see now where they get their name from. The leaves of Breadfruit are said to lower blood pressure and even relieve Asthma.

10. **Green**
- Food Fact**

Spinach is an amazing vegetable. It's got to be good if Popeye ate it! Spinach is a wonderful source of Vitamin A, C, E, K and Magnesium. It is also packed with vital anti-oxidants. Some of the other nutrients that are in Spinach are Peptide, Folic Acid and Iron.

If you would like any more Fruit n Veg Facts please look at the Food Facts page on our website. www.healthylivingnetworkleeds.org.uk